

Semester- VI
DISCIPLINE SPECIFIC ELECTIVE
CONDITIONING METHODS OF PHYSICAL EDUCATION
BPE-E602

MM : 100
Time : 3 hrs
L T P
3 1 0
Credits-4

Sessional : 30
ESE : 70
Pass Marks : 28

Unit-I

Meaning of sports training and physical detraining.
Scientific principles of coaching.
Types of motion, Newton's laws of motion, Forces Centripetal & centrifugal

Unit -II

Kinds of equilibrium.
Centre of gravity & line of gravity.
Lever and its application in games and sport.

Unit -III

Principles of training
Training period.
Warming up exercises (general & specific)
Importance & Advantages of warming up

Unit – IV

Cooling down (importance, causes & methods)
Conditioning.
Principles of conditions.
Periodisation of conditioning.
Types of exercises (isometric, isotonic & isokinetic)
Training methods
Circuit training
Fartlek training
Interval training

Text books and References:

1. Singh, Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana,2000
2. Singh, Ajmer et.al. "Olympic Movement" Kalyani Publishers, Ludhiana,2000
Sharma,Vyas Dev. "introduction to physical and health education", avichal publishing company, New Delhi.
3. Dagar,RKS & Chauhan, SK "Kinesiology in Physical Education" friends publications, New Delhi 2007